

FYR & SALT

DATE: 9/24-9/27

THE MARKET

at 8 Hands Farm

REFRIGERATOR

TOMATO, RICE & DILL CHICKEN SOUP
PUMPKIN SOUP
SHEPHERD'S PIE
SQUASH MAC & CHEESE
FREGOLA SALAD W/ SQUASH
CURRY CHICKEN SALAD
CHICKEN LIVER MOUSSE
HUMMUS
PICKLED RED ONION
LACTO SAMBAL PICKLES
PICKLED BEETS
KIMCHI
SAUERKRAUT
BEET SAUERKRAUT
CHICKEN SCHMALTZ
PORK LARD
BEEF TALLOW
NYS GRASS-FED & ORGANIC BUTTER
ORGANIC A2 MILK
ASSORTED CHEESES

FREEZER

TOMATO SOUP
SOPA DE POLLO
LAMB CURRY RICE
BAKED BEANS W/ PORK
VEGGIE CHILI
EGGPLANT PARM
PORK ENCHILADAS
CHICKEN STOCK
BEEF STOCK
BEEF BASE (BEEF GLACE)
GINGER & LEMONGRASS BONE BROTH
POULTRY BONE BROTH
READY TO BAKE COOKIES
GRASS-FED ORGANIC UNSALTED BUTTER
EGG WHITES
STONE FRUIT SORBET
BERRY SORBET
GINGER & HERB SORBET
VANILLA CUSTARD
CHOCOLATE CUSTARD



ALL MEAT IS RAISED ON THE FARM.
INGREDIENTS ARE SOURCED FROM THE FARM,
LOCALLY AND ORGANICALLY.

